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TAKING THE PLUNGE
BRAVE SOULS DIVE IN
DURING THE ANNUAL
POLAR BEAR DIP {page 4}



SUPER YEAR?
MASKED HEROES
TAKING OVER THE
BIG SCREEN {page 10}



HALIFAX

metro®

Tuesday, January 3, 2012
www.metronews.ca



News worth sharing.

Heritage. Hockey



► Former Halifax Moosehead Jakub Voracek, left, celebrates a goal by Philadelphia Flyers teammate Brayden Schenn during the Heritage Classic on Monday.

BRUCE BENNETT/GETTY IMAGES

Annual outdoor game a real classic

Jakub Voracek and the Flyers battled the New York Rangers in the fifth annual outdoor game, put on this year at Citizens Bank Park in Philadelphia. The Rangers won 3-2. Story, page 16.

Dartmouth shooting vic recovering

- Suspect sought in New Year's incident
- Shooter, boy unknown to each other: HRP

A 16-year-old Porter's Lake boy is recovering in hospital after being shot in Dartmouth on New Year's Day.

Halifax Regional Police were called to the Dartmouth Sportsplex bus terminal at 12:34 a.m. on Sunday after receiving reports of gunshots in the area. They found the boy suffering from multiple gunshot wounds. The wounds were believed to be life-threatening at the time, and he was transported to hospital, where he was listed in serious condition.

By late afternoon, the boy's injuries were no longer considered life-threatening. According to Halifax Regional Police Staff Sgt. Reid McCoombs, police have interviewed the boy and he is helping them with the investigation.

"We think he's going to make a full recovery," McCoombs said on Monday.

"To the best of our knowledge, (the shooter and the victim) weren't (known to each other). The victim has been co-operative, and we were able to speak to him."

No arrests have been made.

Police believe the boy was walking with friends when the suspect approached them. A confrontation ensued, and shots were fired.

McCoombs said investigators do not know exactly what happened, but it appears to have been a fight that escalated out of control.

The suspect fled from the scene eastbound on Nantucket Avenue. A police dog unit was unable to track him down.

He is described as a black man in his late teens or early 20s, approximately six feet tall and "heavier set." One witness described him as having "chubby cheeks," according to police.

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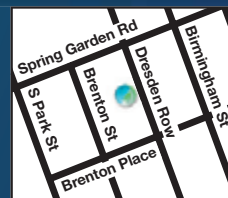


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Acadian, African Nova Scotian seats in jeopardy

Four ridings dedicated to Acadian and African Nova Scotians are on the chopping block as the province moves forward with a review of constituency boundaries.

Nova Scotia is required by law to undertake a boundary review every ten years. A committee of the legislature, chaired by Justice Minister Ross Landry, has been working on the terms of reference for the review, which will be conducted by the arm's-length Provincial Boundaries

Commission.

An amendment to those terms of reference released on Dec. 30 requires the number of electors in each constituency to be within 25 per cent of the average.

For example, in the 2009 election, the African Nova Scotian riding of Preston had 7,680 eligible voters. The nearby district of Dartmouth East had almost double the amount of voters with 15,240.

The amendment will effectively eliminate the protected ridings, according to

"We're not getting into that kind of racialized politics, where we say only a member of this group can be elected to the house.... It's kind of a simplistic notion of how people vote."

NDP MLA LEONARD PREYRA

Progressive Conservative House Leader Chris d'Entremont.

"None of the linguistic minority constituencies can survive on 25 per cent," d'Entremont said on Monday, who represents 6,474 voters in the Acadian riding of Argyle.

The boundaries of his constituency can't be tweaked without losing its purpose, d'Entremont added, because he'd then be representing an Anglophone majority.

NDP MLA Leonard Preyra, who presented the amendment in Landry's ab-

sence, said it won't necessarily remove protection for "communities of interest."

"The boundaries commission take into consideration geographies ... communities of interest, whether linguistic or cultural," said Preyra.

"All the report says ... is 25 per cent is the maximum variance that the commission should allow. But ideally, we're looking at something that's closer to parity."

● ALEX BOUILIER

Dexter warns of tough times

► Province should prepare for rough economy this year: Premier

Despite the lucrative promise of mega-projects on the horizon, Nova Scotia Premier Darrell Dexter cautions 2012 could be rough economically because of lingering uncertainty in world markets.

Dexter said the benefits of landing the \$25-billion federal shipbuilding contract were still about a year away, while the \$6.2-billion Muskrat Falls hydroelectric project in Labrador is still in the planning stages.

In the meantime, Dexter said the province could be in for turbulent times.

"Almost every economy is feeling pretty volatile," he said.

As a result, Dexter said the government realizes it needs to adapt its approach to the economy as market trends transform

"They (the public) know that times are difficult now and they want us to manage through this."

PREMIER DARRELL DEXTER

traditional sectors such as forestry.

A good deal of the government's attention towards the end of 2011 was trained on trying to save hundreds of jobs at the now idled NewPage paper mill in Port Hawkesbury and at the Bowater Mersey operation near Liverpool.

The government provided \$14 million to keep forestry operations viable while a new buyer is sought for the NewPage mill and it passed legislation last month ratifying a \$50-million deal to keep



► Premier Darrell Dexter, left, and Finance Minister Graham Steele speak to the media in this file photo. In a recent interview, Dexter said 2012 will be a tough economic year.

Bowater Mersey open.

Dexter said the support was given with the understanding that what survives will be a lot leaner.

Liberal Leader Stephen McNeil said the government's bailouts of the paper mills and a recent injection of \$1 million to bolster Rodd Hotel opera-

tions in southwestern Nova Scotia are proof economic planning is lacking.

"I think that is more about a government that is trying to limp its way through to the next election," McNeil said.

Conservative Leader Jamie Baillie said with the

economic situation worsening, the possibility of a snap election this year is increasing as the government tries to capitalize on its "perceived" role in landing the federal shipbuilding contract and boost employment by building roads and schools. **THE CANADIAN PRESS**

Tenants not going home for a few days

The Canadian Red Cross is soliciting donations for Dartmouth residents who were forced to flee their apartments after a morning fire on Saturday.

Tenants of the 64-unit building will not be able to return to their apartments for a few days, according to Dan Bedell, a spokesman for the Red Cross' Atlantic division.

More than 70 people were forced to flee their homes after fire ripped through the building at 25 Arthur Street around 11 a.m. on New Year's Eve.

According to Halifax Fire, the blaze began on the second or third floor of the apartment building and quickly spread, extensively damaging the building's backside and roof.

Some apartments were completely destroyed, while others suffered smoke damage. No one was injured, and the cause of the fire is not yet known.

Those wishing to donate money, clothes or other supplies can do so at the Salvation Army on Wyse Road. ● ALEX BOUILIER/WITH FILES FROM THE CANADIAN PRESS

News in brief

Rahman to testify this week

Ashiqur Rahman is expected to testify in his own defence this week.

Rahman, 25, has pleaded not guilty to manslaughter and aggravated assault in the July

2009 death of seven-week-old Aurora Breakthrough.

● METRO/WITH FILES FROM THE CANADIAN PRESS

Rough seas delay ferries

Marine Atlantic said rough seas and high winds were to blame for delaying its ferries for several days, including ones scheduled to depart to Port aux Basques, N.L.

THE CANADIAN PRESS

1

news


Montreal's revamped Cosmodome offers visitors a chance to explore the universe at a fraction of the \$35-million cost of being a space tourist. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Edmonton photographer Paul Burwell explains how he creates his detailed and radiantly lit images of snowflakes. Video at metronews.ca/video

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Cold water stabs like needles, says dipper

► Annual Polar Bear dip at Herring Cove raises \$5,000 for local food bank
► Weather was ideal, at about 1 C with the sun peeking through the clouds

ANDREW VAUGHAN/THE CANADIAN PRESS



► Ernie Ross, 77, welcomes the new year as he prepares to leap from the government wharf into the frigid North Atlantic in the annual New Year's Day polar bear swim in Herring Cove on Sunday.

More than 150 people braved brisk winds and frigid water temperatures to plunge into the Atlantic Ocean in Herring Cove as part of an annual New Year's Day polar bear dip.

People young and old donned bikinis and swimming trunks for a brief-but-bitter dip into the icy waters in Herring Cove at noon Sunday.

Rob MacLellan, organizer of the event and a 14-year participant, says about \$5,000 was raised for local food bank Feed Nova Scotia.

Firefighters, police and emergency personnel were on hand to oversee the action and sent 20 people at a time to jump off the dock.

MacLellan, 54, compared the experience to being stabbed with needles thousands times.

He said the weather was ideal, with the temperature hovering at about 1 C and the sun peeking through the clouds.

It was a tad warmer for other polar dips across the country.

"After you lose the feeling in your limbs, it's quite nice."

TARRIN MCDONOUGH, 40, AT THE VANCOUVER POLAR DIP.

Al Peterson started off 2012 with a dip in 7 C ocean water in Vancouver.

For his 34th year in a row, the 58-year-old was down at Vancouver's English Bay with his family for one of the oldest polar bear swims in the country.

"Rather than a New Year's resolution, which

we don't keep anyway, we just wash off the old and start with the new," Peterson said, standing on wet sand among hordes of participants.

"And wash off that nasty hangover," joked his 23-year-old son Jason, who took his first dip at the turn of the millennium.

It was an unseasonal 4 C in Toronto when the dippers in swim suits — some sporting Viking-style headgear with horns — took the plunge at Sunnyside Beach at noon.

THE CANADIAN PRESS

2 face charges in horse-stable assault, robbery

A man and woman are facing charges after a 19-year-old man was beaten and robbed at a Nova Scotia horse stable.

Sgt. Al Affleck with the Colchester RCMP said earlier in the week there was disagreement between the victim and the 26-year-old woman.

Affleck said an 18-year-old man asked the woman if she wanted to "get even" with the victim, then proceeded to call the man and invited him to a

party.

On Wednesday at about 11:30 p.m., the man brought the victim, of Truro, to a barn on Old Salmon River Road.

The man allegedly proceeded to kick and punch the victim, who received minor injuries, and stole his wallet and cell phone.

The suspects are facing charges including armed robbery, unlawful confinement and conspiracy to commit assault.

THE CANADIAN PRESS

POLICE INVESTIGATION

Man, 21, in serious condition after stabbing

Police in a Nova Scotia town rang in the new year by investigating an early morning stabbing. Officers in Stellarton

responded to reports of a 21-year-old man suffering from multiple stab wounds just after midnight on Sunday.

He was taken to the Aberdeen Regional Hospital with what are believed to be serious injuries.

A 19-year-old man has been arrested in connection with the incident and charges are pending.

Police continue to investigate.

THE CANADIAN PRESS

Woman hit by stolen car on NYE

A 22-year-old Economy woman was in critical condition in Halifax after being struck by a car as she walked home from a New Year's Eve celebration.

The woman was at the Economy Community Centre before walking along Highway 2 at approximately 1:30 a.m. Sunday morning when she was struck.

During the investigation, it was determined that the vehicle involved was stolen from the community centre shortly before the incident.

The suspect vehicle didn't stop at the scene but was located a short distance away in a ditch. The driver, a 25-year-old Economy resident, turned himself in. **TRURO DAILY NEWS**

Senior dead in Cape Breton fire

A 60-year-old woman is dead following a house fire in Nova Scotia on New Year's Day.

Police in Cape Breton say firefighters were called to the residence on Birch Grove Road near Glace Bay at about 8 a.m. on Sunday.

The woman, who lived in the house, died at the scene.

Investigators say the cause of the fire is likely accidental.

Police have not released the name of the victim.

An autopsy will be done in Halifax.

THE CANADIAN PRESS

Tatamagouche house a 'total loss' after fire

A vacant bungalow in Tatamagouche was destroyed by fire Saturday morning.

Jim Forbes, fire chief with the Tatamagouche department, said firefighters responded just after 7 a.m. after neighbours on Upper River John Road noticed

smoke coming from the home.

"It was smoldering for quite some time and it was burning good by the time we got there," said Forbes.

"We did an interior attack. Our guys went into the basement and that's

where the fire was."

He said there was a number of cord of wood in the basement that had been stored for a while.

"The house is probably a total loss but the structure is still standing."

The house sustained a

lot of water damage, said Forbes, and had been for sale for quite some time.

He said the Colchester RCMP was called to the scene and the fire marshal should be on site on Sunday to investigate.

TRURO DAILY NEWS



For more local news visit
www.metronews.ca

Numbers tell the story

► 2011 was an unusual year for murders in Canada, with some areas setting records for most or fewest homicides ► Here's a look at all nine Metro Canada cities

Vancouver

Population: 578,000

The City of Vancouver saw 15 homicides in 2011. The final homicide in the city was the New Year's Eve stabbing death of 19-year-old Dylan Cody Smith at an apartment. In Metro Vancouver and the Fraser Valley, there were 35 homicides in 2011, according to CBC.

15

Edmonton

Population: 730,000

Edmonton saw its deadliest year ever in 2011 — including two slayings in the final 24 hours, with a 35-year-old man and a woman in her 20s becoming the 46th and 47th homicide victims. The city, which led the country in homicides, surpassed its previous record of 39 from 2005.

47

Winnipeg

Population: 633,000

Winnipeg saw a record 39 homicides in 2011, up from the previous record of 34. The high number of killings was attributed to increasing gang violence and one instance where a woman allegedly set fire to a rooming house, killing five occupants.

39

Montreal

Population: 1.6 million

Montreal saw 35 homicides on its territory in 2011, down two from 2010. In the province of Quebec, there were 102 homicides, an increase of 28 per cent.

35

Ottawa

Population: 812,000

Ottawa had 11 homicides in 2011. Four victims were women and the rest men. Knives were used in five of the cases. Three other victims were shot, all of whom were men with criminal ties. The shootings remain unsolved as do three other cases: in one case, the cause of death has not been released. Ottawa had 10 homicides in 2010.

11

Calgary

Population: 988,000

Early intervention and funding commitments from municipal and provincial governments are being touted as major factors in keeping Calgary's homicide number at 11, the lowest it's been in eight years. The final count is in stark contrast to killings at the height of the city's gang war in 2008 and 2009, when roughly three times the murders were recorded.

11

Toronto

Population: 2.5 million

Toronto recorded 46 murders in 2011, the lowest number in 25 years. This was the fourth straight year of declines since 2007, when the city recorded its deadliest year (matched in 1991) with 86 homicides. Police Chief Bill Blair attributed some of the decline to the disruption of gang activity following sweeping raids carried out across the region.

46

London

Population: 352,000

London police reported eight homicides in 2011 — up from seven in 2010 — the most murders on record since slayings spiked to 14 in 2005. The last murder was reported on Dec. 27, when Said Had-bai, 20, was found shot in a parking lot. He died in hospital.

8

● METRO CANADA/
TORSTAR NEWS SERVICE

MOUNT RAINIER SHOOTING

Suspect in murder of U.S. park ranger found dead

An armed Iraq War veteran suspected of killing a Mount Rainier National Park ranger managed to evade snowshoe-wearing SWAT teams and dogs on his trail for nearly a day. He couldn't, however, escape the cold.

A plane searching the remote wilderness for Benjamin Colton Barnes, 24, yesterday discovered his body lying partially submerged in an icy, snowy mountain creek with snow banks standing several feet high on either side.

"He was wearing a T-shirt, a pair of jeans and one tennis shoe. That was it," Pierce County Sheriff's spokesman Ed Troyer said.

Barnes did not have any external wounds and appears to have died from the elements, he

said. A medical examiner was at the scene to determine the cause of death. Troyer said two weapons were recovered, but he declined to say where they were located.

According to police and court documents, Barnes had a troubled transition to civilian life, with accusations in a child-custody dispute that he suffered from post-traumatic stress disorder following his Iraq deployments and was suicidal.

Barnes is believed to have fled to the remote park on Sunday to hide after an earlier shooting at a New Year's house party near Seattle that wounded four, two critically. Authorities suspect he then fatally shot ranger Margaret Anderson.

THE ASSOCIATED PRESS

MOUNT RAINIER NATIONAL PARK/THE ASSOCIATED PRESS



► Anderson
PIERCE COUNTY SHERIFF'S DEPT./THE ASSOCIATED PRESS



► Barnes

Man arrested in L.A. arson probe

DAN STEINBERG/THE ASSOCIATED PRESS

► Suspect is a German national
► Federal authorities recognized him from immigration court: Police

Authorities arrested a German man yesterday in connection with dozens of suspected arson attacks that destroyed parked cars, scorched buildings and rattled much of the second-largest U.S. city over the New Year's weekend.

Harry Burkhart, 24, was booked for investigation of arson of an inhabited dwelling and was being held without bail, authorities said. Police said he told arresting officers he's from Frankfurt.

Burkhart was arrested

earlier in the day because he resembled a "person of interest" captured on surveillance video. He was stopped by a reserve sheriff's deputy in a van being sought by arson investigators, who did not rule out the possibility that others may be involved.

More than 50 blazes have flared since Friday in Hollywood, neighbouring West Hollywood and the San Fernando Valley, causing about \$3 million in damage.

THE ASSOCIATED PRESS



► Los Angeles Fire Department firefighters extinguish numerous cars on fire in a carport in the Sherman Oaks neighbourhood of Los Angeles yesterday.

More officers charged in Grenada beating death

"People who know Grenada ... will tell you that Grenada is the safest destination in the Caribbean."

TILLMAN THOMAS,
PRIME MINISTER OF GRENADA

Three more Grenada police officers were charged with manslaughter on Sunday in the beating death of a Canadian as the country's prime minister insisted the case isn't indicative of the Caribbean island's law enforcement.

"This is really an isolated

case, it's unfortunate," Prime Minister Tillman Thomas told The Canadian Press in a phone interview from his home Sunday night.

A police statement said officers Edward Gibson, Shaun Ganness and Ruddy Felix were arrested and

charged Sunday in the beating death of 39-year-old Oscar Bartholomew of Toronto, who was visiting the island about 160 kilometres north of Venezuela to see family. The Sunday arrests brought the number of police suspects to five. THE ASSOCIATED PRESS

Mubarak charges could be dropped

► Acquittal of policemen accused of killing protesters raises speculation about former Egyptian president

The trial of Hosni Mubarak resumed in Cairo on Monday amid speculation that a recent acquittal of policemen tried in the killings of protesters could be a prelude to the dismissal of charges against the ousted Egyptian leader.

Mubarak, 83, is accused of complicity in the killing of more than 800 protesters during the uprising that toppled his 29-year regime last year.

He was brought by helicopter to the Cairo courthouse from a hospital where he is held in custody. He was then taken into the defendants' cage on a gurney.

Another Cairo court on Thursday acquitted five po-



► Former Egyptian president Hosni Mubarak is wheeled into a Cairo courthouse on Monday to face charges of complicity in the killing of protesters last year.

licemen of charges of killing five protesters during the uprising last Jan. 25 to Feb. 11. The court said three of the defendants were not at the site of the killings while the other two fired on protest-

ers in self defence.

The ruling angered families of the victims. Activists demanded justice and complained that similar cases are languishing in courts in several Egyptian cities. **THE ASSOCIATED PRESS**

Show. Of strength



► Iranian naval officers celebrate after the successful launch of a Ghader missile at the shore of the Gulf of Oman during a drill on Monday.

HAMED JAFARNEJAD/ FARS NEWS AGENCY/ THE ASSOCIATED PRESS

Iranian navy test-fires cruise missile

Iran test-fired a surface-to-surface cruise missile during a drill that Admiral Habibollah Sayyari said proved Tehran was in complete control of the strategic Strait of Hormuz, the passageway for one-sixth of the world's oil supply. Tehran has threatened to close the strait as retaliation for new U.S. economic sanctions.

Israeli-Palestinian peace talks to resume

Israeli and Palestinian envoys will meet in Jordan on Tuesday in a last-ditch effort to salvage peace talks, the first time the sides are

meeting since negotiations collapsed in September 2010. But Saeb Erekat, the chief Palestinian negotiator, warned that, without a

breakthrough, the Palestinians will abandon the process and could try again for recognition at the UN. **THE ASSOCIATED PRESS**

Wildfires rage across southern Chile

Firefighters in Chile battled three huge wildfires on Monday that have burned about 23,000 hectares of forest, destroyed more than 100 homes and driven away thousands of tourists while causing millions of dollars in losses.

The fires also claimed their first victim: An elder-

ly man who ignored warnings to leave his home.

Chile's normally rainy southern regions are feeling the effects of a nationwide heat wave and drought. Red alerts were declared for the regions of Magallanes, Bio Bio and Maule.

In the Bio Bio region, the timber industry is threatened by fire that destroyed an Arauco company paper mill. Hundreds of people who left their homes were forced to relocate yet again early Monday as the flames advanced.

In Magallanes, more

than seven per cent of the famed Torres del Paine national park had burned, ruining vacations for some of the 150,000 tourists who come each year during the brief southern summer.

An Israeli tourist, Rotem Singer, 23, has denied a charge of negligently starting the Torres del Paine fire. But a Santiago prosecutor said Singer's travelling companions said he set fire to toilet paper after going to the bathroom, and then failed to put it out completely. If convicted, he faces up to two months in jail. **THE ASSOCIATED PRESS**

Take Me Home! Isabella

Labrador Retriever/
American Staffordshire Terrier Mix

Isabella is full of play and would love to find a doggy brother. She plays very well with some dogs and is a little shy when first meeting people (especially men) but does warm up quickly!

She loves to play fetch and run. Isabella is very eager to please and learn. She would prefer a home without young kids.

For more information on Isabella and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca



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Media mogul tweets his 2012 resolutions

- ▶ 80-year-old Murdoch joins Twitter for the new year
- ▶ More than 46,000 followers by Monday morning

Rupert Murdoch has begun the new year by setting up in a new field of communications. He's started tweeting.

The media mogul, who is recovering from perhaps his most difficult year in the business, is posting on Twitter under the handle @rupertmurdoch, spokeswoman Daisy Dunlop at News International confirmed Monday.

The account was opened over the New Year's holiday, but many doubted its authenticity because Murdoch, 80, has generally tried to stay out of the spotlight as his media empire comes under increased scrutiny because of widespread phone hacking at his U.K. newspapers.

"My resolutions, try to maintain humility and always curiosity," he tweets.



► **Rupert Murdoch**

making no mention of his business troubles. "And of course diet!"

His wife Wendi Deng has also started tweeting — she's @wendi-deng — referring to the setbacks: "A lot of bad things happened in 2011 but I hope in 2012 we can put them all behind us

Market moment

TSX



+ 113.4
(11,955.09)

Dollar



+ 0.37¢
(98.33¢ US)

011



- 82¢ US
(\$98.83 US)

Natural

gas
\$2.989
(- 3.8¢)

\$1,566.80
(+ \$25.90)

and sail on to a bright future for everyone Wxx."

She also gently reminds fellow tweeters to spell her first name with an “i” at the end, not a “y.”

THE ASSOCIATED PRESS

Gas. Up



► An attendant sells fuel at a petrol station in Lagos, Nigeria, Monday.

SUNDAY ALAMBA/THE ASSOCIATED PRESS

Nigeria's gas prices may fuel unrest

Nigeria is ending fuel subsidies, an official said Sunday, a move that is sure to be unpopular in the oil-rich nation where citizens see cheap fuel as one of their few government benefits. Two union groups are threatening strikes and protests.

Pipeline top of election agenda

President Barack Obama and Congress are starting the election year locked in a tussle over a proposed 2,735-kilometre oil pipeline set to run from Alberta to Texas that will force the White House to make a

risky choice between two Democratic constituencies.

Some unions say the pipeline would create thousands of jobs. Environmentalists fear it could lead to an oil spill. Environmental advocates have made it clear that approval of the pipeline would dampen their enthusiasm for Obama.

ma in November's election. Some liberal donors threatened to cut off funds to his re-election campaign to protest the project. If he rejects the pipeline, Obama risks losing support from organized labour, a key part of the Democratic base, for thwarting thousands of jobs. **THE ASSOCIATED PRESS**



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12 RESOLUTIONS WORTH KEEPING FOR 2012

SHE SAYS ...

JESSICA NAPIER
METRO



setting some small goals for the new year.

I've taken the liberty of compiling a list of 12 entirely achievable resolutions that I'd like you (yes, YOU) to make and keep for 2012. Don't worry, I promise to try my best to adhere to them as well.

After all, even a few minor changes can make the world a much better place for me, you and everyone we know.

1 I will stop Keeping Up with the Kardashians once and for all and spend more time with my own family.
2 I will stand right and walk left on escalators.

3 I will stop doing that thing where I see an acquaintance on the street and pretend I don't know them. We both know what's going on; let's just stop being awkward and say hello.
4 I will take better care of my hair because someday I might lose it all.

5 The same thing goes for my money.
6 I will resist the urge to Like a Facebook status update about an engagement or pregnancy in order to prevent a never-ending stream of annoying comment notifications in the days that follow.

7 I will stop letting the smug woman behind the GPS navigation voice jeopardize my relationship, and surrender to the fact that maybe she does know best.
8 I will recognize that the only things that belong on the dinner table are food and cutlery, not my cellphone.
9 I will stop blaming public transit for my late arrival at the office every single morning and admit to myself (and my boss) that maybe I should be getting up 10 minutes earlier. Alternatively, I will think of some new excuses for my tardiness.

10 I will buy the \$14 bottle of wine, not the \$9 bottle. Yes, I want to save money, but the 12-hours-from-now version of me will appreciate my largesse.
11 I will listen to my mother and wear the appropriate footwear for the weather conditions.
12 I will actually pay attention to the auto-correct function on my phone and stop sending embarrassing typo-filled messages to friends and family. After all, "Did you show your boss?" is a very different question than "Did you show your boobs?"

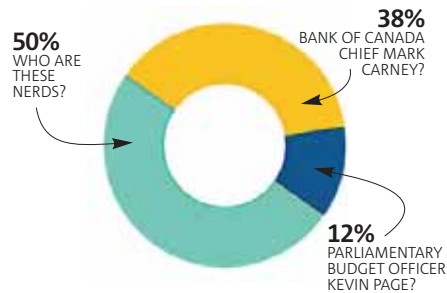
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Read more of Jessica Napier's columns at metronews.ca/shesays

So have you broken all your new year's resolutions yet? Of course you have. Now forget those lofty ambitions that would have you forsake all your vices simultaneously, and let's try to focus on



Register at
metropolitanpanel.ca
and take the quick poll

Who would win a telepathic battle of smartness?



Local tweets



► **@Whitney Matchett:** It's been a great few days with

#amazingfriends but glad to be heading back to #Halifax to start the #newyear #2012

► **@stepandfall:** i was going to go for a run today. but thanks halifax for raining on my parade.

► **@commoncentsmom:** Halifax friends: Donations needed for Woodside fire victims, Donate at Salvation Army Thrift Store (Wyse Rd) Call first. #halifax

► **@rachdnielsen:** Can't

believe it's my last full day in Dartmouth.. thanks to all my amazing friends for another unreal break! #timeflies #wah

► **@abbeysanford:** Can't believe tomorrow is dalhousie time once again!! #kindofexcited !!

► **@stewart_dd:** Hey, I just thought I was on the bridge of the enterprise, my wife was programming the new stove, lol

► **@Allisomething:** When you drive into Halifax from the airport you see: "Now with Hollister Sephora!!!!" Ughhhh.

Daily Zoom

Homeless in Indonesia



Half of country's rainforests lost

Orphaned baby orangutans Septian and Seroja play inside a basket at a Conservation Programme facility in Batu Mbelin, North Sumatra, Indonesia. Indonesia has lost half of its rainforests in the last half century, putting the remaining 50,000 to 60,000 orangutans living in scattered, degraded forests in frequent, and often deadly, conflict with humans.

THE ASSOCIATED PRESS

Living in a concrete jungle

Veterinarians conduct surgery on an estimated 40-year-old orangutan named Puyul, who suffers from a broken leg, at their facility in Batu Mbelin, North Sumatra, Indonesia. Puyul broke his leg falling from a tree while being rescued by conservationists after he was found roaming a rubber plantation too close to a village. The vets also found air-rifle-pellet wounds in Puyul's body.

THE ASSOCIATED PRESS



Blasting gender roles

► **Bomb Girls** is a new series that celebrates the strength of the women who worked in munitions factories during the Second World War ► Oscar nominee Meg Tilly plays the factory's supervisor



In 1995, Oscar nominee Meg Tilly left Hollywood to write, and raise her family, including a son with Colin Firth.

She's back in a passion project, *Bomb Girls*, set in an Ajax, Ont., munitions factory during the Second World War.

Tilly relishes her role as Lorna, whose abusive husband returned from the war paralyzed and who supervises the girls on the factory line.

Tilly sat down with Metro to talk about *Bomb Girls* and gender issues that are still relevant in 2012.

"I have my little chickadees to look after on *Bomb Girls*," says Tilly.

"Everyone's younger than me and there's all this female power. It's very sweet.

"I feel so privileged to work in this environment. How often can you walk back in a chunk of time and explore it and life in it and love it?

"There is also such good will for this show. It was a brave choice to do such an unlikely look at the Second World War. The women had their jobs and husbands overseas but they were fighting behind the lines to protect their men and their children at home. They were soldiers."



► Meg Tilly, shown in blue, says the reason she left acting was to give her children a chance to have a normal childhood.

Lorna is nurturing yet stern in this dangerous place, where one spark from a ring or hair-pin could blow it sky high.

I wanted that, "Whoa, she's tough!" But why is she tough? If someone makes a decision you don't agree with you have to understand the whys. It's her job to keep the factory safe.

She doesn't want some dilettante coming here who could kill them all. I love the humanness of the characters, more noble than they realize.

One of her charges is Gladys, a headstrong Rosedale debutante played by Jodi Balfour. Gladys works in the office but dreams of joining the line, even as her father demands that she quit and marry. Balfour says the series reflects social realities that still exist.

These issues never become irrelevant. We may have come a long way in gender issues since the war and the overt discrimination, but those things still exist. We have the resources to

do something about them. Gender stereotypes discriminating against women can be dealt with; there are channels you can process these things through now.

But it doesn't mean attitudes have changed.

Balfour says the series inspired nostalgia for a time she never knew.

Entirely, but I've been like that all my life. I've always felt I was born into the wrong era. I relate so much

Why Meg Tilly quit acting

I took my kids, always, on films. My daughter was in the third grade and I took her when I did *Leaving Normal*. When we went back, her best friend was best friends with someone else and there were only seven girls in the class and she didn't have anyone to eat lunch with and she cried. I thought this is why a lot of actors mess up. Coming from a challenging childhood, I didn't want to leave my kids with someone else. If I took them away with me six or seven months a year they wouldn't have any kind of life. I realised what would pay me the most for the least amount of time, so I did TV, guest stints and saved the money, socked it away and when I had enough, I quit.

to this way of being, the chivalry of it all.

It wasn't an easy time to be a woman and I am nostalgic for it. I feel I missed out on the best time to be alive.

And being wartime, they sucked the marrow out of every day.

Bomb Girls, starring Meg Tilly and Jodi Balfour, starts Wednesday night on Global.

DVD Releases

Buy it        | Rent it       Borrow it      | Yawn    | Don't bother   

Contagion

Genre: Thriller

Director: Steven Soderbergh

Stars: Matt Damon, Kate Winslet, Jude Law

Steven Soderbergh's *Contagion* is the feel-bad movie of 2011. A star-studded thriller, it's reminiscent of 1970s disaster movies, yet it's more grounded in reality. The film details the rapid spread of a lethal new virus, MEV-1, and does so quite realistically, at least until an outbreak of maudlin illogic near the end.

Working as his own cinematographer from a script by screenwriter Scott Z. Burns (*The Bourne Ultimatum*), Soderbergh spares few sensibilities in outlining how quickly a contagion would cross international boundaries.

Gwyneth Paltrow is Patient Zero, a business traveller named Beth Emhoff, who is intriguingly introduced on Day Two of her swiftly developing infection — we don't immediately know what happened on Day One. Whatever Beth caught on a trip to

China is now returning home with her to Minnesota, where her new husband, Mitch (Matt Damon), and young son are waiting to welcome her home.

Beth is barely through the door when crisis strikes. As Mitch struggles to take in what's happened to his family, governments attempt to grasp an escalating infection rate and body count as scientists search for a vaccine.

At times, Soderbergh seems to lose track of too many subplots that include a kidnapping, marital infi-



delity, a government inquiry and a father-daughter trek. But *Contagion* demonstrates he still has it in him to deliver a main-

stream movie. Just don't forget to Purcell before watching. Extras include making-of featurettes.

   PETER HOWELL

2

scene

Box office



Tom Cruise's new mission remains impossible to beat at the box office. Studio estimates *Mission: Impossible - Ghost Protocol* in the No. 1 spot for the second-straight weekend with \$38.3 million. With a \$141.2 million domestic total, it's the first \$100 million hit with Cruise in the lead role since 2006's *Mission: Impossible III*. The movie led a solid New Year's weekend as Hollywood managed fair business to end a sluggish year on a more promising note for 2012. *Sherlock Holmes: A Game of Shadows* finished second again with \$26.5 million, raising its domestic total to \$132.1 million. The family sequel *Alvin and the Chipmunks: Chipwrecked* was still at No. 3 with \$21 million to lift it to \$94.6 million.

THE ASSOCIATED PRESS



Berlin film festival to honour Meryl Streep for career achievements.



The Dark Knight Rises

We're just as curious to see how Christopher Nolan rounds out his trilogy of Batman films — he insists this is the final chapter — as we are to see if The Dark Knight Rises can come close to matching the \$1 billion that 2008's The Dark Knight pulled in worldwide. Christian Bale is back as Batman, along with Michael Caine as Alfred and Gary Oldman as Commissioner Gordon, and for this go round they're joined by newcomers Tom Hardy (as Bane) and Catwoman Anne Hathaway. Due in July. **NED EHRBAR**



► The Hobbit: An Unexpected Journey is probably the most anticipated film of 2012. Peter Jackson and old friends reunite in this prequel, which is due in December.

Year of the superhero?

► From comic book films to literary adaptations, 2012 looks very promising



The Avengers

After great turns in their own films in 2011, Captain America (Chris Evans) and Thor (Chris Hemsworth) join up with Iron Man (Robert Downey Jr.), Black Widow (Scarlett Johansson), Hawkeye (Jeremy Renner) and the Hulk (Mark Ruffalo) for the ensemble flick.

Marvel Studios has been building to since Samuel L. Jackson popped up after the credits of 2008's Iron Man. And while the first trailer might just look like an ad for Iron Man 3, having director Joss Whedon (Buffy the Vampire Slayer) at the helm is keeping hopes high. Due in May.

The Hunger Games and Twilight finale

With the Twilight saga wrapping up at the end of 2012, all eyes are on Lionsgate's adaptation of Suzanne Collins' bestselling teen dystopia to fill the void. There are three books in the Hunger Games series, but if the first movie is a hit, don't be surprised if the latter chapters start getting split up into multiple films. Jennifer Lawrence stars. Due in March.



The Amazing Spider-Man

Exactly 10 years after Tobey Maguire first crawled up his first wall, the web-slinger saga is starting over, this time with Andrew Garfield (The Social Network) suiting up as Spider-Man and director Marc Webb (500 Days of Summer) behind the camera. The new version promises to be darker and grittier than the last run, but with Spider-Man 3 just five years behind it, will audiences be interested in the franchise reboot? Due in July.

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the 9 spot

Top 5: December 29th

- 5 LMFAO Sexy And I Know It
- 4 Danny Fernandes Ft Belly Hit Me Up
- 3 Alexandra Stan Mr Sexobeat
- 2 Drake Ft Rihanna Take Care
- 1 Katy Perry The One That Got Away

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To register and for full contest details visit clubmetro.com

Brand and Perry: What happened?

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA

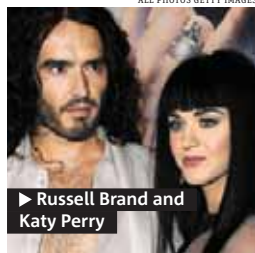


Without knowing either of the stars, please join me as I wildly speculate what drove Brand to file divorce papers last week.

Too much, too soon:

The two met in 2008 on the set of Brand's comedy *Get Him to the Greek*. After meeting again at the MTV Video Music Awards in 2009, the two started dating and it was infatuation at first sight.

Just four short months later, the two got engaged.



► Russell Brand and Katy Perry

Perry was just 25.

The two got married at a tiger sanctuary in India eight months later.

Different lifestyles

Brand is a famous former heroin and sex addict, as well as a recovering alcoholic — and is now sober and likes to stay in, watching soccer.

Katy Perry sings songs about blacking out on Friday nights — and likes to

party with people like Rihanna. Oh, and Perry's family are evangelical Christians. And, well, Brand is a recovering heroin, sex and booze addict.

The fame game

This has been the busiest year for Katy Perry — she became the first woman, and second artist overall following Michael Jackson, in the 53-year history of the Billboard Hot 100 to send five songs from an album to No. 1 with her sophomore effort *Teenage Dream*. She went on a massive tour, performed at most awards shows, and debuted a rainbow of new hair colours.

Brand starred in *Arthur*. Enough said.

Celebrity tweets



In 2012 let's agree to a resolution to feel one another's pain & joy, & create the peace we desire through proactive generosity. XO ak



@aplusk

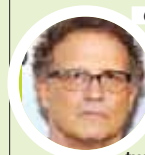
It's good to sit with yourself and have alone time

@lindsaylohan



@kelly_clarkson

5:30 AM is definitely too early to have to wake up.



@AlbertBrooks

My New Year's resolution was to stop tweeting.

Matthew McConaughey pops the big question

It only took five years and two children together, but Matthew McConaughey is now sure he wants to settle down with Camila Alves.

"Just asked Camila to marry me. Merry Christmas," McConaughey posted on his WhoSay page on

Christmas Day, accompanied by a photo of the pair kissing.

There's no word on when the wedding will take place, but chances are the happy couple aren't in any hurry.

● METRO

Saldana and Cooper: It's on

After splitting with her fiancé of 11 years in November, Zoe Saldana has reportedly moved on to *People* magazine's Sexiest Man Alive, Bradley Cooper, according to E! News.

"They are totally dating," a source says of the pair, who co-star in the upcoming film *The Words*.

The source adds that the pair are trying to keep their budding relationship under wraps.

● METRO



► Zoe Saldana

Recycle your old Electronics



Now that all the gifts have been unwrapped, please remember to recycle your unwanted electronics. Nova Scotians can **recycle their electronics responsibly** by dropping them off **FREE OF CHARGE** at one of the many Atlantic Canada Electronics Stewardship (ACES) Drop-off Centres located throughout the province.

For a list of recyclable items, or to find your nearest drop-off centre, visit www.acestewardship.ca or phone **1-877-774-3260**.



Happy Holidays!



*You've got the power.
Recycle it!*

3
life

Germ



A study by researchers at Laval University found that bacteria thrives on paper products and even on unused paper towels. Research into bacterial transmission from paper towels has not previously been well documented.

THE ASSOCIATED PRESS



Study finds nearly quarter of women get a prenatal thyroid check



► It's that time of year when we set resolutions in place.

Plan, not procrastinate

► New Year's resolutions are plentiful right now ► To make them stick, start making a plan



CELIA MILNE
LIFE@METRONEWS.CA

Want to lose weight by getting fit? Put it in your calendar.

Most New Year's resolutions fail because they are too lofty and vague. "Exercise more" is a tough instruction to follow. Where would you begin? Scientific studies have found people are more likely to be physically active if they make a realistic and de-

tailed action plan.

Your action plan might look like this: "Monday: walk at the mall 7 p.m. for half an hour, medium intensity." Wednesday's plan could be: "Lift weights, at home, 8 a.m., 20 minutes, three repetitions." And Friday's plan could be: "Boot camp, at the gym, 5:30 p.m., 45 minutes, full intensity." On Saturday? Get outside and have fun.

"Baby steps are important," says Sammie Kennedy, the creator and

CEO of Booty Camp Fitness, a growing company dedicated to helping women get active.

"When you make smaller changes over time, it becomes less overwhelming and you are more likely to gain positive momentum from actually achieving your small goals. You feel positive, you see results and you are far more likely to be successful in your larger, long-term goals."

Boot camps are growing in popularity because they

are a fun and social way to lose weight and get fit. Booty Camp Fitness, which is run by women for women, has nearly 100 locations across Canada, including British Columbia, Alberta, Ontario and New Brunswick. Kennedy has observed that the most successful clients in her eight-week boot camps are those who declare their goals, attend class regularly and make small lifestyle changes they can stick with in their daily lives.

Get fit

Here's three tips for starting the New Year off right.

- **Start slow** Work your way up from exercising twice a week to as many days as you would like to achieve.
- **Change it up** Add something new/different to your fitness routine once a month.
- **Food is important** Eat a nutritious breakfast every morning.

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► Damon Brown sits with his wife, Bethany, as they hold their sons Theo, 3, left, and Julian, 5, at their home in Seattle. Damon found a kidney on Facebook after telling his story on a special page the Seattle dad created under the name, Damon Kidney.

Facebook for those in need

► People are turning to social media sites to help find solutions to health problems ► Log on and find help

Here's another reason for holdouts to join the social media site Facebook: It's a great place to find a kidney.

Between the kid photos and reminiscences about high school, more and more pleas for help from people with failing kidneys are popping up. Facebook and other social media sites are quickly becoming a go-to place to find a generous person with a kidney to spare, according to the people asking for help and some national organizations that facilitate matches.

Damon Brown found a kidney on Facebook after telling his story on a special page the Seattle dad created under the name, Damon Kidney. His friends and family forwarded the link to everyone they knew and on Jan. 3 a woman his wife has known for years, but not someone they consider a close family friend, will be giving him a kidney.

"She said it wasn't really for me. It was for my

By the numbers

Kidney transplants by the numbers.

► **Stats** In 2010, 16,800 kidney transplants were performed in the United States.

kids, because they deserve to have a dad around," said Brown, 38.

Brown's story is not unique, said April Paschke, a spokeswoman for the United Network for Organ Sharing, a private non-profit organization that manages the nation's organ transplant system for the federal government.

"We see more and more people matched up by social media," she said. "It's an extension of the way we communicate. Before we found the Internet, people found other ways: through a church bulletin, word of mouth or an advertisement even."

This past year, a man in Michigan also found a kid-

ney donor through Facebook, and a Florida woman found one through Craigslist.

Damon Brown admits he was a little embarrassed to ask for help so publicly. Except for telling close friends and family, the Seattle father of two young boys had been keeping his illness pretty quiet.

After one particularly difficult visit with his doctor, Damon and his wife, Bethany, decided to create the Facebook page, which has attracted more than 1,400 friends.

A few weeks ago, after the transplant was approved and scheduled, Brown posted the good news to his Facebook friends.

More than 300 people responded: "Whoo hoo....what a great Christmas present," wrote Kelly L. Hallissey. "This is awesome!! Praying for you and your family for positive news and a great way to begin 2012!" wrote Brenda Tomtan.

THE ASSOCIATED PRESS

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Wipe Out Germs at Home

Since germs tend to get passed around among family members, front-line wellness strategies include frequent handwashing and sneezing into a tissue or your sleeve, as well as getting a flu shot. But taking some time this week to do some post-party housecleaning is also a good way to get rid of germs — just be sure you know which cleaners work, and which ones could make things worse. Writer Lisa Bendall checked it out in the December issue of Best Health.

"We don't need to sterilize our homes; we just

need to keep them clean," says Dr. Camille Lemieux, associate director of the University Health Network's Infection Prevention and Control Unit in Toronto.

Indeed, Health Canada warns against using products in the home labelled 'antibacterial', 'antimicrobial' or 'bacteria-fighting', which typically contain benzalkonium chloride or triclosan, to kill common bacteria and viruses.

These chemicals may also wipe out the friendly bacteria we need to fight germs and stay healthy.

Plus, many health experts and agencies warn these products can lead to a rise in antibiotic-resistant bacteria.

(However, products with antibacterial chemicals may be recommended in institutional

settings such as hospitals, where traffic is high and the volume of germs on surfaces can be greater.)

So, what works best at home? Plain water won't suffice, but a cleaning product with a surfactant detergent will remove the germs we don't want.

Products with hydro-peroxide or bleach can kill or inactivate viruses.

Products labeled 'disinfectant' will also inactivate disease-causing bacteria and viruses, and don't necessarily contain the antibacterial chemicals health experts recommend avoiding.

And good old vinegar and water (a 1:1 solution) may work, too.

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Thoughts on ... Transitions

NEW YEAR. Throughout the course of our lives, we experience many endings and beginnings. Transitions are as natural as night and day. And so it is with our lives.

It may appear that transitions, at times, are thrust upon us dramatically and unexpectedly. All of these events mean that we must leave something behind and then adjust.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

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Good eats, art gallery chic

► The Art Gallery of Nova Scotia houses Untitled Eats, an inspired café in an inspiring setting ► Its short menu includes burgers, seafood and duck confit

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Untitled Eats is an art gallery café that complements its inspiring surroundings.

Operated by Armview Restaurant, it has good, comfortable seating and a contemporary design. The short menu features soups,



► Roast Beef Po' Boy with Yukon Gold Potato Chips

VALERIE MANSOUR

► **Untitled Eats**
1740 Hollis St.
Art Gallery of Nova Scotia
830-7588
Price range: \$\$\$
Social lunch: Yes
Client Negotiations: Yes
Quick Solo Lunch: Yes
Rating: 3.5 out of 5

salads and sandwiches, as well as more substantial meals such as burgers, seafood and duck confit.

My friend and I settle on specialty sandwiches. Grilled Chicken Panini (\$12) features tender slices of chicken with pesto, Swiss cheese and some

yummy oven-dried plum tomatoes. It's a tasty sandwich accompanied by a mixed greens salad garnished with tomatoes.

The Roast Beef Po' Boy (\$11) is made with local (Oulton's) shaved chuck roast, mustard, mayo, lettuce, tomato and melted

provolone. A flavourful and filling open-faced sandwich, it has crispy Yukon Gold house-made potato chips on the side.

We finish with an artfully presented lusciously Lemon Curd Tart (\$7). These eats may have no title but I call them delicious.

BLT Egg Wrap



Preparation:

- 1 Cook bacon in non-stick skillet over medium heat until crisp. Set aside; wipe skillet.
- 2 Whisk together egg, onion powder, salt and pepper in small bowl. Pour into skillet; cook, stirring slightly, over medium heat.
- 3 Cook until eggs are thickened and no visible liquid egg remains. Spread tortilla with mayonnaise. Place lettuce on top; add

Ingredients:

- Slice chicken or turkey bacon, cooked
- Egg
- ¼ tsp (1 mL) onion powder
- Salt and pepper, to taste
- Low-fat flour tortilla
- 2 tsp (10 mL) fat-free mayonnaise
- Leaf lettuce
- 1 tbsp (30 mL) tomato, diced

bacon, egg and tomato. Fold wrap and serve. **NEWS CANADA**

Roasted Cauliflower Florets

This dish is delicious and healthy to boot. Roast one to two whole heads of cauliflower until caramelized, then drizzle on an aromatic vinaigrette of capers, shallots and garlic.

The vinaigrette is good when all the ingredients are raw, but when you

flash-fry them they become sweet and caramelized.

Preparation:

- 1 Heat oven to 200 C (400 F). Set a wire rack over a baking sheet.
- 2 Wash and trim both heads of cauliflower, cutting out and discarding core and cutting top into large florets. Place florets in a large bowl and drizzle with olive oil, then toss (you may need to do this in 2 batches) until all the surfaces of the cauliflower are coated with a thin film of oil. Sprinkle with salt and toss again to distribute evenly.

Ingredients:

- 2 heads cauliflower (about 2 kg or 4 ½ lb)
- 30 mL (2 tbsp) olive oil, or more if needed
- 10 mL (2 tsp) kosher salt, or more to taste
- Fried caper vinaigrette
- Minced country ham for garnish (optional)

- 3 Place florets on prepared rack. Roast for 30 minutes. Use tongs to turn florets, then roast for another 15 to 20 minutes or until deeply caramelized.

- 4 Return florets to the bowl and, while still hot,

drizzle and toss with a little of the fried caper vinaigrette (recipe follows). Add just enough vinaigrette to lightly coat. Transfer florets to a serving platter, then sprinkle with minced country ham.

THE ASSOCIATED PRESS

Fried Caper Vinaigrette

Preparation:

- 1 In a medium sauté pan over medium heat, heat 50 mL (¼ cup) of the oil. Add capers, shallots and garlic, then cook, stirring constantly, for 2 to 4 minutes, or until just starting to brown but the oil is still clear. Transfer to a medium bowl, including all of the cooking oil, and set aside to cool.

Ingredients:

- 150 mL (⅔ cup) olive oil
- 15 mL (1 tbsp) salt-cured capers, rinsed and chopped
- 30 mL (2 tbsp) chopped shallots
- 5 mL (1 tsp) grated garlic (about 2 cloves)
- 75 mL (⅓ cup) red wine vinegar or sherry vinegar
- 5 mL (1 tsp) whole-grain Dijon mustard
- Pinch sea salt and ground black pepper

- 2 Once mixture has cooled, add vinegar, mustard, salt and pepper. While whisking, drizzle in remaining oil. Whisk until thoroughly blended. Adjust seasoning with

additional salt and pepper, if necessary, and use immediately or refrigerate in a tightly sealed container for up to 2 days.

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I love setting financial goals for the new year. But over the years I've learned to pare back to just one or two that I can really focus on, rather than 10 smaller ones.

Take 60 seconds and think about what you'd like to change about your financial health in 2012.

The most popular areas are debt reduction, frugal living and investing.

All three of these elements contribute to your overall net worth; what you have left over when your total liabilities are subtracted from your total asset.

Where does your net worth stand? And no, your car isn't considered an asset so scratch it off the list.

Set a net worth goal this year. So, if your net worth is currently \$12,500, aim to increase it through debt reduction and asset growth to \$20,000 by the end of 2012.

Hands down, the most effective ways to reduce debt are to make your payments automatically on the day you get paid, pay a little extra each month (even \$10 makes a difference), and negotiate your interest rates so that you pay as little interest as possible.

The most effective ways to increase your assets are to save through an employer-sponsored RRSP, pension or savings program.

If you've been sitting on the fence about home ownership, stop renting and build equity in your own home. But, this only makes sense if your cash flow can handle it.

Living a frugal life mind-ing your dollars and cents will help you accomplish your goals. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



This is an important day for me. My new book *Count on Yourself: Take Charge of Your Money* (Simon & Schuster Canada) is now in stores and available online. This marks book number 11 (the rest co-authored with David Cruise) so you wouldn't think I'd find it such a big deal any more.

But I do and it's because the topic has never been so important. With the economic events of the past few years, our increasing debt load and the terrible state of so many retirement portfolios and savings plans — we must start taking charge of our money.

You don't need to be good in math or even com-

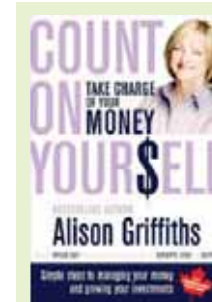
fortable with numbers in order to do so. All that's required is a plan.

It's particularly vital for us to seize control in the realm of investing. Most people hand over decisions about what they buy for RRSPs, RESPs, RRIFs and TF-SAs to someone else because they are intimidated.

The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!

My goal in *Count on Yourself* is to give you the confidence and tools to set up and monitor a simple, safe, low-fee investment portfolio — and the best news is that it will out-perform most professionally constructed portfolios.

The first part of the book explores our attitudes toward money and how they stop us from taking charge of our money. The second section offers tips to help



"The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!"

you become financially organized while the third shows you how to evaluate your situation and needs.

Finally, I introduce you

to a group of low-fee, low stress and easily understandable sample portfolios using Exchange Traded Funds (ETFs) and index mutual funds.

When you're finished you will be in control of your money whether you use an advisor or prefer to do it yourself.

After the initial setup it will only take 30 minutes a month to stay on top of your investments.

There's also a contest to win a one-on-one telephone consult with yours truly about anything to do with personal finance or investments. You can enter through the *Count on Yourself* link on my website, alisongriffiths.ca.

Happy New Year all and I hope 2012 becomes a take-charge-of-your-money year.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

A year in tweets

► Nowadays Twitter is how many people communicate with each other ► New book shows that some people use it better than others



DOROTHY ROBINSON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Out of the billions and billions of tweets sent out in 2011, which ones captured that certain moment in time the best?

Instead of sifting through all of those to find the best ones, we luckily have author Kate Bussmann, who compiled the book *A Twitter Year: 365 Days in 140 Characters*, which distills a year of conversation, argument, revelation and revolution into a review of the year as written by the Twitter community.

Bussmann corresponded with us — in more than 140 characters — about the compilation.

First of all, why a book on the year in tweets?

This has been a banner year for Twitter. The numbers keep on rising — when my book went to press, we were up to 230 million tweets per day, from 65 million in June 2010. And that number is already out of date — we're now up to 250 million.

For me and millions of others, the way we consume news has dramatically changed since the birth of Twitter.

We've become a lot more demanding, and we've got used to being able to control who and what we're watching.

We used to turn on CNN when a big story like the rescue of the Chilean miners was breaking.

Now we're likely to be on Twitter as well, because we want to get reaction from experts we trust or speak to our friends, and Twitter allows us to edit



and create our own bespoke news channel.

How did you narrow down what to put in the book? How did they stand out from the rest? And how did you uncover them?

It's been an incredibly eventful year: The Royal

Wedding, the Arab Spring, the News Corp. scandal, the rescue of the Chilean miners, the capture of Osama bin Laden, the attacks in Norway, the Japanese earthquake and nuclear disaster, the death of Amy Winehouse, Schwarzenegger's secret son. ... So I really had a wealth of material to choose from. When it came to picking tweets about news events, my main priority was to find people who were firsthand witnesses to the events they were describing; so with the Egyptian revolution, for instance, I looked for people who were in Tahrir Square on Feb. 11, the day that Mubarak fell.

Do you find Twitter to be a major help in your life or a major distraction?

Both! I'm actually trying to scale back a bit, particularly when I'm not at my desk.



► Author Kate Bussmann says there are up to 250 million tweets being sent out per day.

4
sports

Quoted



"We're disappointed and we're sorry if we offended anybody by hiring someone who is not bilingual right now."

MONTREAL CANADIENS GENERAL MANAGER PIERRE GAUTHIER, WHO APOLOGIZED MONDAY FOR OFFENDING SOME OF THE TEAM'S FANS WITH HIS DECISION TO MAKE RANDY CUNNEYWORTH THE CLUB'S FIRST UNILINGUAL ENGLISH-SPEAKING COACH IN 40 YEARS AFTER HE FIRED JACQUES MARTIN ON DEC. 15.

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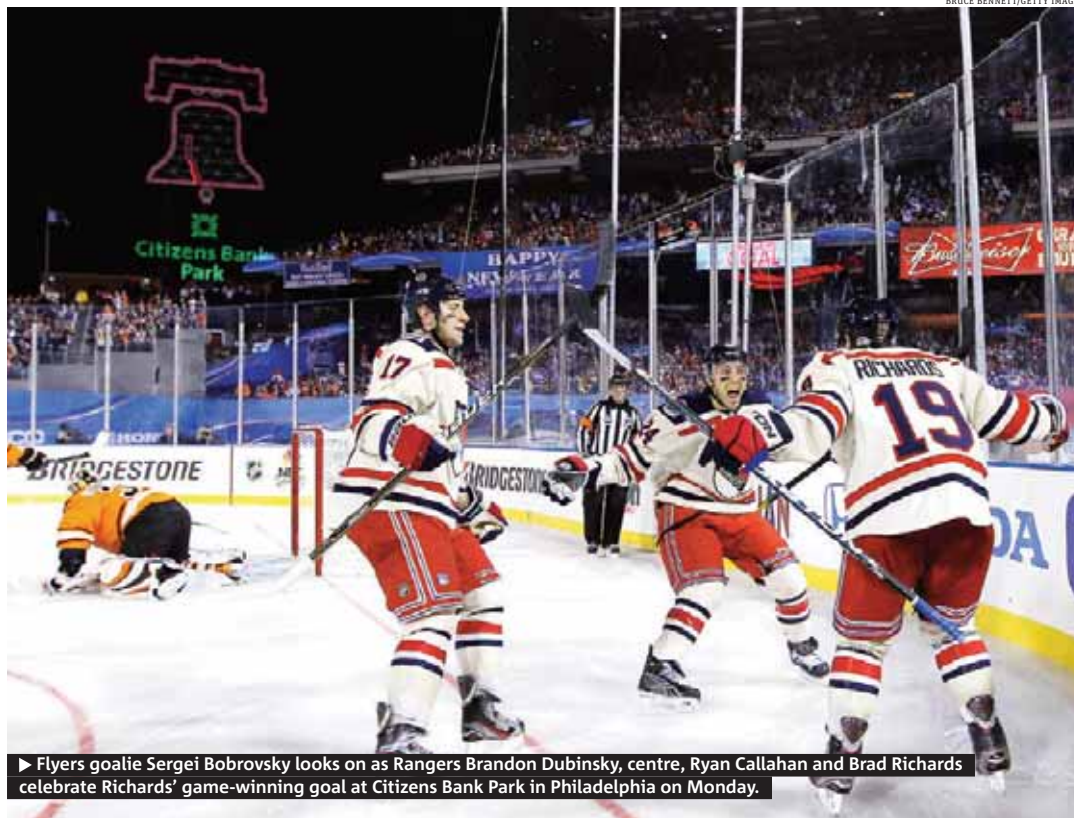
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► Flyers goalie Sergei Bobrovsky looks on as Rangers Brandon Dubinsky, centre, Ryan Callahan and Brad Richards celebrate Richards' game-winning goal at Citizens Bank Park in Philadelphia on Monday.

Rangers rise above the elements in Philly

► Flyers' Briere has penalty shot turned aside in final seconds of Winter Classic ► New York coach Tortorella calls game's officiating 'disgusting'

Alone in the cold, it was up to Henrik Lundqvist to preserve a Winter Classic comeback.

His signature moment came with 19.6 seconds left after New York defenceman Ryan McDonagh was whistled for covering the puck in the crease. Flyers centre Danny Briere streaked down the ice — with bundled-up fans behind him — trying to send this one into overtime.

Lundqvist dropped to his knees on top of a chilly baseball field and stoned Briere when the centre tried to sneak it through his legs.

This made-for-TV showcase had found its brightest star.

Lundqvist stopped 34 shots, Brad Richards scored the go-ahead goal early in the third period and the New York Rangers rallied from a two-goal deficit to beat the Flyers 3-2 in the Winter Classic on Monday



in front of 46,967 fans at Citizens Bank Park in Philadelphia.

"I was just trying to be patient and do my thing," Lundqvist said. "He's a sneaky guy, and there was a lot of pressure on me."

More pressure than most games in January. This game received the kind of hype normally reserved for the Stanley Cup final. NBC televised the game and HBO had 12 camera crews filming for its 24/7 series.

Rangers coach John Tor-



"I'm not sure if NBC got together with the refs to turn this into an overtime game. I thought the game was reffed horrible."

RANGERS COACH JOHN TORTORELLA ON THE WINTER CLASSIC'S OFFICIATING

torella wondered if the officials wanted their own time in the spotlight to build the drama.

"They called a penalty shot, which I still don't understand," he said.

"I just thought tonight, in that third period, it was disgusting."

Mike Rupp scored twice as New York won for the third time this season

against Philadelphia.

Playing on a rink that stretched from first base to third base, the Rangers made the league's fifth Classic a memorable one to stay atop the Eastern Conference standings.

The NHL surrounded the rink with Christmas trees, firewood, fake snow, and even trash-can fires. But there was nothing artificial in the elements with snow flurries late in the second period and near-freezing temperatures.

The Flyers ended the game without Jaromir Jagr, their star forward who left the game in the second period. The 39-year-old Jagr said after the game he injured his left leg and expected to return soon.

Rookie Brayden Schenn and Claude Giroux scored to give the Flyers the early lead, as it appeared early on that the home team would open 2012 with a win.

THE ASSOCIATED PRESS

Canadians cautious as flu bug hits coaches

Canada's coaches needed a day without a game at the world junior hockey championship more than the players did.

Head coach Don Hay and assistant Scott Walker weren't on the ice for the practice Monday. The two were sequestered in the team hotel with the flu.

Assistant coaches George Burnett and Ryan Huska ran drills at Canada Olympic Park as the Canadians prepared for Tuesday's semifinal in Calgary.

Canada will face the winner of Monday night's quarter-final between the Czech Republic and Russia.

Huska expected Hay to be behind Canada's bench Tuesday night in a game that will determine which country plays for gold.

"Don, he'll be back," Huska said. "We're just taking all the precautions we can right now."

After going 4-0 to win Pool B, the Canadians had two straight days without a game and a bye to the semifinal. Sweden won Pool A with a 2-0-2 record and also had Monday off while Russia, the Czechs, Finland and Slovakia played quarter-final contests.

It's worrisome for the Canadians that the flu bug has struck. Forward Michael Bournival sat out last week's game against Denmark because of it, although he was back in the lineup for Saturday's 3-2 win over the U.S. in Edmonton. **THE CANADIAN PRESS**



"It'll probably help bring us closer together and remind us to take care of ourselves even more, so I think we'll be ready for the game (Tuesday)."

CENTRE FREDDIE HAMILTON ON HOW TEAM CANADA WILL BATTLE THROUGH THE FLU BUG

UNDER-17

Team Atlantic falters in Ontario

Team Atlantic's hard luck continued on Monday at the world under-17 hockey challenge in Windsor, Ont.

The squad fell to 1-3 with an 8-2 loss to Sweden after being out-shot 52-25. Team Atlantic had already been eliminated from medal contention, with its lone win coming on New Year's Eve, 4-3 over Germany.

Halifax Mooseheads forwards Nathan MacKinnon of Cole Harbour and Ryan Falkenham of Halifax were held scoreless on Monday. MacKinnon, the Mooseheads' leading scorer, has a goal and an assist in four games, while Falkenham has one assist in four games.

Defending gold-medallist Ontario led Nova Scotia's Group A with a 3-0 record prior to Monday night's games, while Team Pacific, also 3-0, led Group B. The top two teams in each pool qualify for the semifinals.

Mooseheads rookie forward Jonathan Drouin had two goals and three assists in three games for Team Quebec entering Monday's action, tied for fourth in tournament scoring. Mooseheads goaltender Zach Fucale, also with Quebec, had a 2.67 goals-against average and a .916 save percentage in three starts. ● METRO

Crossley connects in Europe

► Bluenose blue-liner notches first international marker as Canada eyes gold in Czech Republic

Dartmouth's Alexis Crossley has her first international goal as Canada chases gold at the IIHF world under-18 women's hockey championship.

Crossley, a five-foot-eight blue-liner who plays at Shattuck St-Mary's prep school in Faribault, Minn., found the net in Canada's tournament-opening 13-1 win over Switzerland on Saturday in Prerov, Czech Republic.

Canada also stomped Germany 6-0 on New Year's Day.

"As my first game in Europe, it was pretty exciting," the 17-year-old said after Saturday's win. "I think the fact that it was our first game of the tournament (meant) we were really into it."

"We were able to keep our heads into it even though we had 13 goals. It



► Alexis Crossley

was just the more the merrier."

Crossley also has a plus-4 rating and leads all blue-liners with 12 shots on goal.

Canada has met the U.S. in the final of all four un-

der-18 world championships, winning gold in 2010. A meeting between the rivals won't come until later in the tournament, possibly in another final.

The Canadians certainly

plan on being there.

"Having a chance to play for your country in a country halfway across the world is something that's really hard to describe," said Crossley. "Obviously, I

Globe trotting

Forward Jillian Saulnier of Halifax is an assistant captain with Canada's under-22 women's development team at the Meco Cup in Fussen and Sonthofen, Germany, starting Tuesday.

► Blue-liner Brittany Haverstock of Hammonds Plains is also on the team. Canada plays Germany on Tuesday.

feel very honoured to be here and I'm very excited that I am going to have the chance at bringing back a gold medal to my country and get to show it off to all of my family and friends."

Canada wraps up the round robin against Finland on Tuesday.

● METRO/THE CANADIAN PRESS

Wildcats send Milan to Tigres

Another top defenceman was on the move on Monday as the QMJHL's holiday trade period started to wind down.

The Moncton Wildcats dealt Tampa Bay Lightning prospect Daniel Milan to the Victoriaville Tigres for 2010 second-round pick Danick Emond and 2011 first-round pick Jacob Sweeney. Milan, a six-foot-three 194-pounder, has five assists and a minus-13 rating in 33 games this season. Earlier in the trade

period, the Cape Breton Screaming Eagles dealt top blue-liner and team captain Morgan Ellis to the Shawinigan Cataractes for Springhill's Bronson Beaton and first- and second-round draft picks.

Liam O'Brien, a forward from Halifax, highlighted another notable deal earlier in the trade period, going from the Rimouski Oceanic to the Rouyn-Noranda Huskies for a package of draft picks.

The Halifax Mooseheads have not yet made any moves in the final trade period of the season. It concludes on Saturday at noon.

● METRO

Sports in brief

Pep top coach in December

NBL CANADA. Halifax Rainmen head coach Josep (Pep) Claros has been named NBL Canada coach of the month. Claros guided the Rainmen to an eight-game winning streak, with their most re-

cent win coming on New Year's Day at the Metro Centre, 133-99 over the Oshawa Power. The Rainmen (11-4) are a game and a half behind the first-place London Lightning (14-4). They host Oshawa on Thursday. ● METRO

Moose begin 2012 in 5th place

QMJHL. The Halifax Mooseheads are enjoying a six-

day break after going 2-0-1 during a three-game stretch between Christmas Day and New Year's Eve.

The Mooseheads, who beat the Cape Breton Screaming Eagles 6-4 at the Metro Centre in their last game on Dec. 30, are fifth overall in the QMJHL standings and take a 24-11-4 record into the new year. They host the P.E.I. Rocket on Friday night.

● METRO

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Sports
in picturesPHOTOS
1. NED DISHMAN/GETTY IMAGES
2. MARC SEROTA/GETTY IMAGES
3. VEZRA SHAW/GETTY IMAGES

1 Hanley Ramirez says he'll accept a position switch to third base so Miami Marlins newcomer Jose Reyes can play shortstop.

2 The Indianapolis Colts have fired team vice-chairman Bill Polian and his son, Chris, the club's general manager.

3 The Buccaneers fired Raheem Morris on Monday after his three seasons as Tampa Bay's head coach. Morris went 17-31, including a 10-6 mark in 2010, when the Bucs (4-12) narrowly missed the playoffs.

THE ASSOCIATED PRESS

Ticats land Burris from Stampeders

► Glenn headed to Calgary as part of trade

Henry Burris is Hamilton-bound.

The Calgary Stampeders dealt the veteran quarterback to the Hamilton Tiger-Cats on Monday night in a three-player deal, according to two league sources requesting anonymity.

In return, the Stampeders receive quarterback Kevin Glenn, an 11-year veteran who spent the last three seasons with Hamilton. They also get offensive lineman Mark Dewit, a Calgary native who played his college football at the University of Cal-

gary, and future considerations.

Officials with the Stampeders offered no comment on the trade and the Ticats did not immediately respond to questions from The Canadian Press. There was also no mention of the deal on Burris' website.

But Glenn tweeted on Sunday: "NEW & EXCITING THINGS IN MY FUTURE!! CAN'T WAIT (Bart Scott voice)."

The deal ends months of speculation regarding Burris' future in Calgary after losing his starting

job to backup Drew Tate last season. But it became crystal clear last week that the six-foot-two, 219-pound Burris' days in Alberta were numbered after the Stampeders signed Tate to a long-term contract extension.

The 36-year-old Burris, the CFL's outstanding player in 2010, was in his second stint with the Stampeders and spent a total of nine seasons there. He is Calgary's all-time leader in passing yards (32,171), touchdowns (233) and completions (2,167).

THE CANADIAN PRESS

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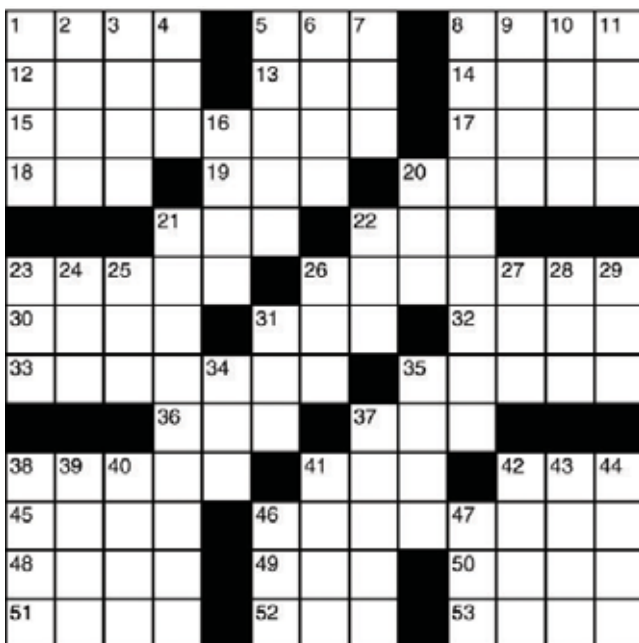
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Crossword

Across

- 1 Level in a hierarchy
5 Lower limb
8 Tranquil
12 Burn soother
13 Hockey surface
14 Hodgepodge
15 Road on a cliff's face
17 Nevada city
18 Greek vowel
19 Carnival venue
20 Beginning
21 Private place to sleep?
22 Compete
23 Cookwear?
26 Guys
30 Back
31 Chicken —
32 Concept
33 Current generator for some engines
35 Confuse
36 A Gabor
37 Ph. bk. data
38 Wooden box
41 Ultra-modernist
42 Periodical, for short
45 Stereo setup
46 City in Ontario
48 "Oh, woe!"
49 Pt. of speech
50 Therefore
51 Impudent
52 Spelling contest
53 Physical

- Down**
1 Compete on a track
2 Greatly
3 Mrs. Nick Charles
4 Documentary filmmaker
Burns
5 Within the law
6 Reverberate
7 "Golly!"
8 Roddy McDowall's "Planet of the Apes"
9 Brewery products
10 Queue
11 Academic
16 Press
20 Lubricate
21 Musician in the brass section
22 Irritate
23 Upper limb
24 Shell game item
25 Tatter
26 Egg — yung
27 Peculiar
28 Become one
29 Utter
31 Sch. org.
34 Previous night
35 Apollo's landing site
37 Chutzpah
38 Bloke
39 Anger
40 Somewhere out there
41 Protuberance
42 Fraternal surname of comedy

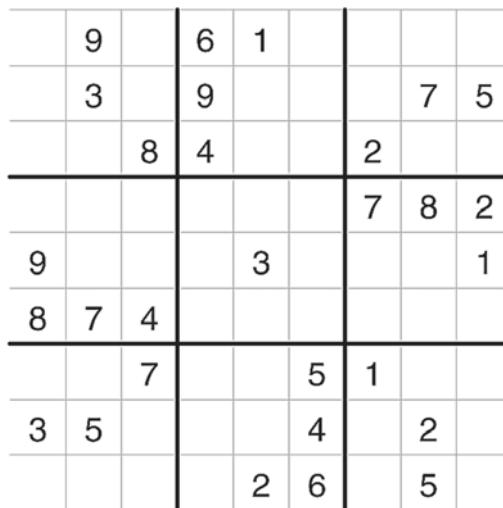


- 43 Plankton component
44 Snatch, with "onto"
46 Taxi
47 Teeny

Last crossword's answer



Sudoku



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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Last sudoku's answer



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My Damsel in Distress were you my Princess I was writing to . from your Prince Charming? if so it was my pleasure. and you did make an impression on me thank you. I do hope our paths cross again
FROM YOUR HERO

*hey
A long time ago was swimming in dizziness every time we touched. Kisses left me craving, phone calls left me expecting, texting left me wondering. Since then we changed for whatever reasons unknown and faded into yesterday. For a fleeting moment felt like I was in heaven! Ah, the hell with romance and true love. Its all lies. Just a fool who let self be fooled. Foolish*
FROM ME

Today's horoscope

♈ Aries March 21-April 20 It may seem to others as if nothing ever fazes you but in reality you are quite easily upset.
♉ Taurus April 21-May 21 You will splash out on something shiny that catches your eye today, but you may regret it tomorrow.
♊ Gemini May 22-June 21 Think before you act today because if you let your impulses get the better of you there is no telling where it might lead.
♋ Cancer June 22-July 22 It is possible to be too generous for your own good.
♌ Leo July 23-Aug. 23 Don't let your personal feelings interfere

with what you must do on the work front today.
♍ Virgo Aug. 24- Sept. 22 Someone in a position of authority may be an idiot but they have got the power to make life difficult for you, so watch what you say.
♎ Libra Sept. 23-Oct. 23 A drama could so easily become a crisis.
♏ Scorpio Oct. 24-Nov. 22 A small change you make today could result in huge consequences further down the line.
♐ Sagittarius Nov. 23-Dec. 21 If your life seems complicated it is only because you are making

For today's crossword answers and for expanded horoscopes, go to metronews.ca

it complicated.

♑ Capricorn Dec. 22-Jan. 20 Watch out you don't fall heavily for someone who is really not suitable for you at all.

♒ Aquarius Jan. 21-Feb. 18

You may be able to do a particular job better than anyone else but that does not mean you have to do it.

♓ Pisces Feb. 19-March 20.

Don't let problems of a domestic nature get you down over the next 24 hours. Most likely by this time tomorrow they will no longer exist, so stay calm and keep smiling.

• SALLY BROMPTON

Caption contest



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